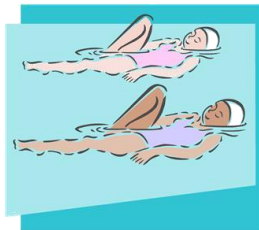


2013 Aqua Fitness Classes



Session:
Tuesday, June 11th To Wednesday, July 31, 2013
Time:
6:15 PM - 7:15 PM



TUESDAY

WEDNESDAY

THURSDAY

SALT RIVER POOL

LEHI POOL

SALT RIVER POOL

•Aqua Fitness Classes are formatted for all fitness levels; from the novice to advance Aqua Fitness enthusiast.

❖ There will be variety of Aqua Fitness Class formats: Traditional water aerobics, circuit training, and more to burn those calories for optimal weight loss. Most of all "LET'S HAVE FUN!" **Instructors:** Rachel S., Roberta J. and Michelle L.

•All participants are required to fill out a **Personal Health History Form (PHH) and sign a liability waiver** before starting the Aqua Fitness Class. Fitness Staff reserve the right to request a participant to obtain a medical clearance form from a health provider if participant is believed to have a health risk. For your safety, please inform your physician before starting any fitness regimen. You can fill out the PHH form prior to attending class at the Salt River Fitness Center. Fitness Instructor will also have Health History Form on hand at pool, please come 10 minutes early to fill out PHH. If you current visit the Salt River or Lehi Fitness Centers you do not have to fill out PHH unless it has been over 1 year since you filled out PHH and waiver. **All individuals are subject to proof of enrollment, residency, employment or affiliation to SRPMIC. Please have your SRPMIC ID or employee ID with you.**

•All attendees **must be 14 years of age & older. Anyone under the age of 18 are require to have a parent, guardian or an adult 18 with them. The adult must be a participant in the Aqua Fitness Class. No child or children under the age of 14 should be brought to Aqua Fitness Classes** (no sitting, wading, playing and etc around pool area). The pool time is designated for Aqua Fitness Class and lifeguards are on duty to observe the safety of Aqua Fitness clients only. For safety precautions please keep your child or children at home, thank you.

• **Aqua Fitness Class attire:** Non-bleeding fabrics t-shirt, shorts or swimsuit. For foot safety we recommend aqua shoes, but not necessary. **Not permitted are color bleeding fabrics and no cutoff shorts or shirts.** Bring a towel and bring a water bottle to keep hydrated it will be still hot out at 6:30 pm. Don't forget the sun block too.

Remember to BRING YOUR ENERGY & SMILES to every class!

*Further questions, please call Rachel Seepie at **480.362.7320***